

I HATE TO GO TO BED!

Bedtime! You have to stop playing and brush your teeth and put on your pj's, and you just *know* your parents are going to have a huge party as soon as you go to sleep. Aren't they? Well, this is one little girl who's determined to find out!

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Pages: 36

Themes: Decision making
Understanding emotions

Don't we all know that bedtime can be a test of "wills". Sometimes by the time you get your child to bed, you're exhausted! Besides making bedtime a great time to share a book together (let them pick the title), give your child a few choices as to what to wear the next day. It may take a little focus off of the "trauma" of having to "call it a day" and help everyone to be a little more organized in the morning. If your child gets up the next day and doesn't like what they're going to wear, you can tell them that it was their decision and they can make some other choices the next day! Give it a shot and see how it works! By giving them a chance to make some choices, it may give them a feeling of empowerment or being a big boy or girl.

You'll notice in the back of this book that there are a couple of activities that you can do with your child.